







Jobs at the Dickinson Convention & Visitors Bureau

- + Fill and complete local information packets for meetings, conventions & reunions
- + Design weekly event entries on the public LED sign
- + Organize the LED sign entries so they show on the correct dates
- + Create two historical documents for visitors, Stark Country cemetery, and Ghost towns maps
- + Create gift store inventory files
- + Create online visitor surveys
- + Do online web link and search engine research for CVB website
- + Visit with travelers & help them find the destination information

*Pretending
to be a
Normal Person
day - after - day
is exhausting.*

TBISS

Traumatic Brain Injury Survivor Support

- * TBI Survivor Support Group
 - meetings at Hawk's Point
 - 7pm, every second Tuesday of the month
- * Facebook – “TBI Survivor Support”
- * Community Options
- * Qualified Service Provider
- * Brain Injury Advisory Committee
- * Dakota Center for Independent Living

..... For All Brain Injury Survivors

Keep Moving Forward,
be a positive, driving, fiery force that allows no obstacle,
no setback or challenge to slow you down or stop
the successful accomplishment of your goals!!!
Don't be afraid to set your goals high,
reach them, and set some more.

Tips for Brain Injury Survivors

- Cut down on fluorescent lighting wear a hat or visor
- Wear sunglasses to cut down on bright lighting
- Wear earplugs to keep from being overwhelmed by too much noise
- Eat animal protein 3X/day
- Avoid excitotoxins (aspartame, MSG, Splenda, etc.)
- Use a day planner to keep organized
- Rescue remedy – natural stress relief – to assist when feeling overwhelmed
- Sleep, water, walk. Make sure you're getting enough rest; stay well hydrated; mild activity such as walking and yoga, are all important in recovery
- The healing power of the natural world – get outside and breathe
- Ricola original, ginger, mints – all helpful in reducing nausea
- Fragrance reduction – use fragrance free cosmetics, lotions laundry detergent Don't use dryer sheets!

Types of Brain Injuries

- Traumatic Brain Injury
- Anoxia
- Stroke or Cardiovascular Accident
- Aneurysm
- Toxemia
- Acquired

Brain Injury Symptoms

- Headaches
- Seizures
- Nausea
- Weakness or paralysis
- Balance difficulties
- Changes in vision or hearing
- Loss of smell and taste
- Increases sensitivity to smells, light or sound
- Sensitivity to touch
- Fatigue and an increase in need for sleep
- Cognitive and Communication symptoms
- Emotional / Behavioral changes

**KEEP MOVING
FORWARD**

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on Facebook ...
"TBI Survivor Support"

